

## *Phases of a 30-Minute Appointment*

---

- |   |                                 |
|---|---------------------------------|
| 1. Introduction of behavioral health consultation service (1-2 minutes)         |                                 |
| 2. Identifying/Clarifying consultation problem (10-60 seconds)                  | <u>Assess</u>                   |
| 3. Conducting functional analysis of the problem (12-15 minutes)                |                                 |
| 4. Summarizing your understanding of the problem (1-2 minutes)                  |                                 |
| 5. Listing out possible change plan options ( <b>selling it</b> ) (1-2 minutes) | <u>Advise</u><br><u>Agree</u>   |
| 6. Starting a behavioral change plan (5-10 minutes)                             | <u>Assist</u><br><u>Arrange</u> |
-